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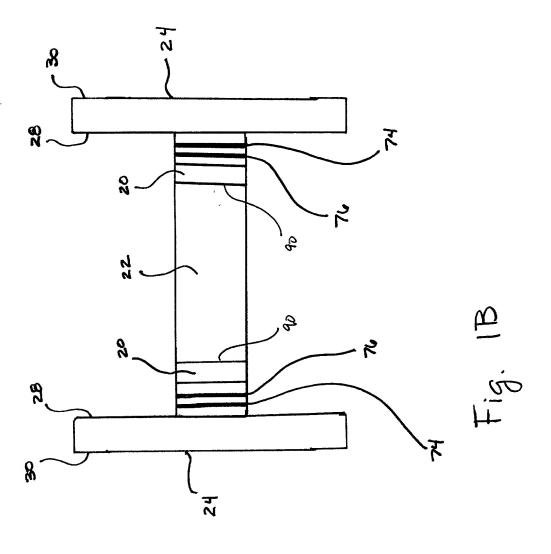
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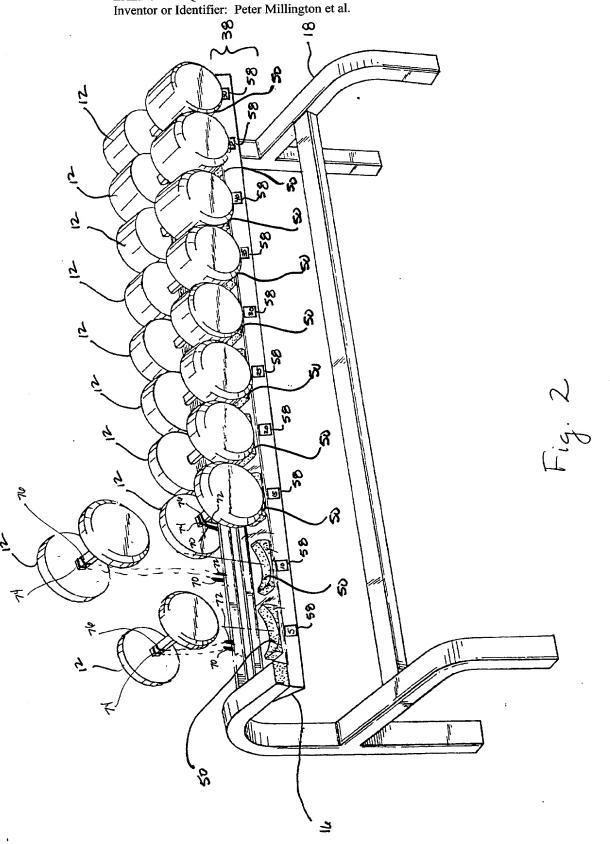
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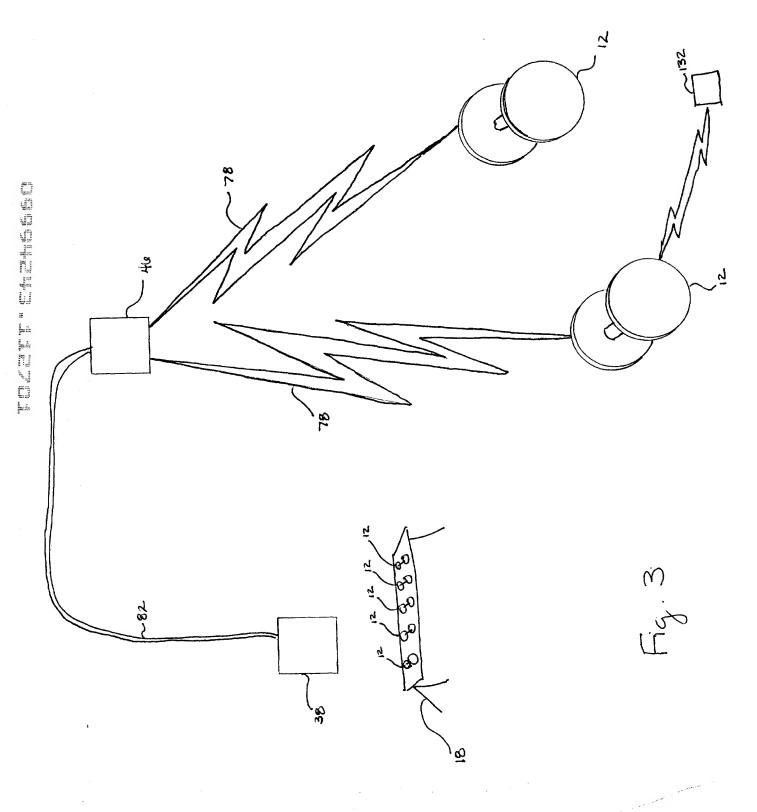
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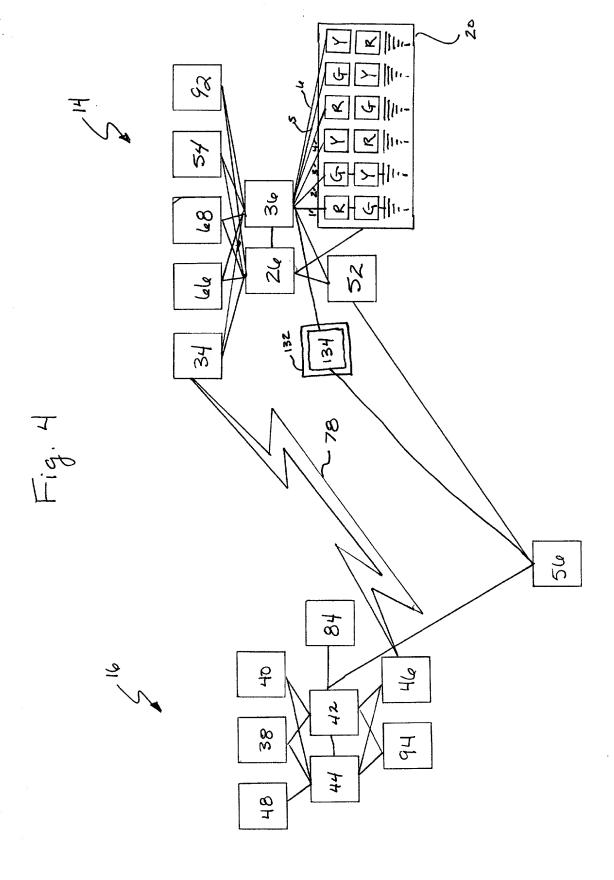
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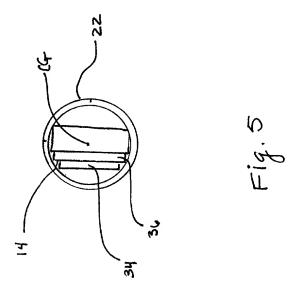
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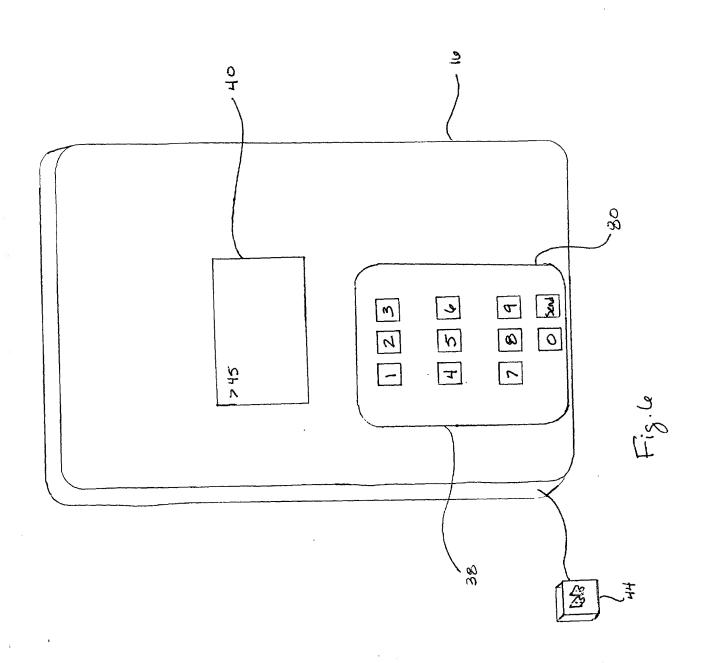
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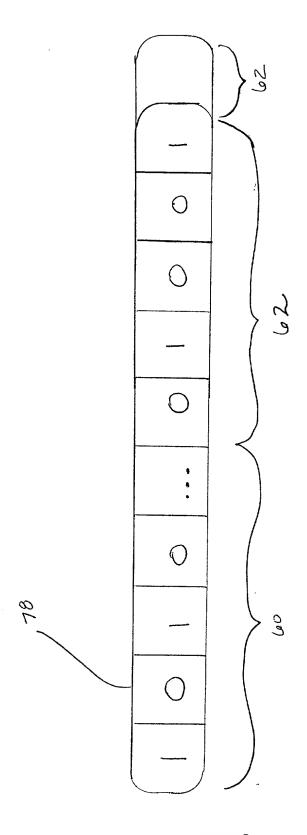


Fig. 7A

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Fig. 7B

Exercise						
Equipment						
Identifier 86	Address Code 62					
5	0	0	0	0	0	
10	0	0	0	0	1	
15	0	0	0	1	0	
20	0	0	0	1	1	
•••	• • •	• •	•••	•••	•••	



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## Fig. 8

TIME (SEC)	LED 1 ON	LED 2 ON	LED 3 ON	LED 4 ON	LED 5 ON	LED 6 ON
.05	X		X		X	
.1	X		X		X	1
.15	X	X	X	X	X	X
.2	X	X	X	X	X	X
.25	X	X	X	X	X	X
.3	X	X	X	X	X	X
.35		X		X		X
.4		X		X		X
.45		X		X		X
.5		X		X		X
.55	X	X	X	X	X	X
.6	X		X		X	
.65	X		X		X	
.7	X		X		X	
.75	X	X	X	X	X	X
.8		X		X		X
.85		X		X		X
.9		X		X		X
.95	X	X	X	X	X	X
1.0	X		X		X	
1.05	X		X		X	
1.1	X	X	X	X	X	X
1.15		X		X		X
•••	•••	•••	•••	•••		

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## Fig. 9

	Weight	Date/Time of	Number of	Number of	Total Time Used	Type of Exercise
	Identifier	Use	Times Used	Repetitions	(minutes/use)	130
	86	124	120	122	126	
	5	01-01-01/1200	1	30	20	curl
	10	01-01-01/0600	3	30	30	curl
Mr. Mr. 1"1	10	01-02-01/1800	1	15	10	press
		01-02-01/0645	6	60	25	curl
	: :	•••	•••	•••	•••	•••



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## Fig. 10

User	Workout	Weight	Date/Time of	Number of	Number of	Type of	Total Time
Identifier	Identifier	Identifier	Use	Times Used	Repetitions	Exercise	Used
112	128	86	124	120	122	130	(minutes/day)
							126
036	0	0	0	0	0	0	0
<b>5</b> 049	1	15	01-01-01/0600	3	15	press	20
049	2	20	01-01-01/0620	3	30	curl	30
<b>1</b> 049	3	20	01-02-01/0600	3	30	curl	20
105	1	40	01-01-01/1800	3	30	curl	20
LJ 105	2	40	01-02-01/1800	3	30	curl	20
146	1 \	35	01-02-01/1200	6	60	curl	30
TOTAL	•••			•••	•••	•••	•••

